



# BLACK BELT EXCELLENCE



## Homework and Home Approval Sheet

### This Month's Theme

#### STUDENT CREED

*I will develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.*

*I will develop self-discipline in order to bring out the best in myself and others.*

*I will use common sense before self-defence and never be abusive or offensive.*

*This is a Black Belt School. We are dedicated. We are motivated. We are on a quest to be our best.*

*Winners never quit. Quitters never win.  
I CHOOSE TO WIN!*

### This Month's Activity

Students: Review the Student Creed above and have a clear understanding of what it means. On the next page is a chart and questions pertaining to the Student Creed. For each chart, write examples of ways to develop yourself in a positive way and then list things to avoid that would negatively impact your physical and mental well-being and answer the questions about when to use self-defence.

#### 5 Requirements for the Excellence Stripe

- ✓ Responsible behaviour at home.
- ✓ Responsible behaviour and passing grades at school.
- ✓ Overall performance at Keswick Karate.
- ✓ Completion of this month's Excellence Activity.
- ✓ Returning the Excellence Homework and Home Approval Sheet on time.

**Must be handed in by the Wednesday or Thursday of Week 2. These sheets are the students responsibility, not the parents.**

#### Home Approval

This month my child has demonstrated both at home and at school, those qualities of responsibility required of students seeking to earn the Black Belt Excellence Stripe for the STUDENT CREED.

Student Name \_\_\_\_\_

Student Belt Rank \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature